



## **Myndfl Manager**

### **Short Coping Strategy #2**

### **The 3-Step Breathing Space**

*just*  **BREATHE**

# When?

**Use this short practice when you're either about to enter a stressful/triggering situation or are already in one.**

**Or when you don't have time for a longer practice.**

# How long?

At least...



# How?



## Feet on the floor

**Take a moment to close your eyes and simply feel the contact between your feet and the floor.**

**Maybe close your eyes.**

# **Your Body**

**Tune into the sensations in your body.**



**Perhaps noticing any areas of tingling or numbness, fabric against your skin, or the warmth or coolness of the air around you.**

**How does your body feel?**

# Emotional Tone



**Shift your awareness to  
your emotional tone.**

**Noticing whatever  
emotions are present for  
you in this moment.**

**Positive, negative or  
neutral, it doesn't matter.**

# Thoughts

**Move your awareness to your thinking and thoughts.**



**What's present for you mentally right now?**



# **Finally...**

**Bring your attention back to the sensations in the body. In particular the sensations of the breathing in the abdomen.**

**Notice the rise and fall of your belly as your body breathes in and out.**

**Using the breath to anchor yourself in the present moment.**